

Claims

- [c1] 1.A therapeutic device comprising:
an enclosed member having a plurality of pieces of organic material therein; and
a cover enclosing the enclosed member, the cover having a slit for the insertion
and removal of the enclosed member;
wherein the organic material is capable of being exothermic when heated or
endothermic when cooled; and
wherein the enclosed member can be removed from the cover and the cover can
be washed to clean the cover.
- [c2] 2.The therapeutic device of claim 1, wherein:
the pieces of organic material comprise seeds, grains and/or fruit pits.
- [c3] 3.The therapeutic device of claim 2, wherein:
the plurality of seeds, grains and/or fruit pits comprises corn.
- [c4] 4.The therapeutic device of claim 2, wherein:
the plurality of seeds, grains and/or fruit pits comprises rice.
- [c5] 5.The therapeutic device of claim 2, wherein:
the plurality of seeds, grains and/or fruit pits comprises cherry pits.
- [c6] 6.The therapeutic device of claim 1, wherein:
the cover is comprised of cloth.
- [c7] 7.The therapeutic device of claim 6, wherein:
the cover further includes a washable plastic liner located between the cloth and
the enclosed member.
- [c8] 8.The therapeutic device of claim 7, wherein:
the cover is dog-boned shaped and includes a rectangular center open portion
for accepting the enclosed member and a soft material surrounding the
rectangular center open portion and defining the dog-bone shape of the cover;
and
the washable plastic liner is located between the rectangular center open
portion and the soft material.

- [c9] 9.The therapeutic device of claim 6, wherein:
the cover includes a decorative design thereon.
- [c10] 10.The therapeutic device of claim 6, wherein:
the cover is head-shaped and includes a rectangular center open portion for
accepting the enclosed member and a soft material surrounding the rectangular
center open portion and defining the head.
- [c11] 11.A method of administering heat comprising:
providing an enclosed member having exothermic pieces of organic material
therein;
heating the enclosed member to heat the exothermic pieces of organic material
therein;
placing the enclosed member within a cover by inserting the cover into a slit in
the cover; and
applying the cover with the enclosed member therein to an area to be heated.
- [c12] 12.The method of administering heat of claim 11, wherein:
the pieces of organic material comprise seeds, grains and/or fruit pits.
- [c13] 13.The method of administering heat of claim 12, wherein:
the plurality of exothermic seeds, grains and/or fruit pits comprises corn.
- [c14] 14.The method of administering heat of claim 12, wherein:
the plurality of exothermic seeds, grains and/or fruit pits comprises rice.
- [c15] 15.The method of administering heat of claim 12, wherein:
the plurality of exothermic seeds, grains and/or fruit pits comprises cherry pits.
- [c16] 16.The method of administering heat of claim 11, wherein:
the cover is comprised of cloth.
- [c17] 17.The method of administering heat of claim 16, further including:
providing the cover with a washable plastic liner for placement between the
cloth and the enclosed member.
- [c18] 18.The method of administering heat of claim 17, wherein:

the cover is dog-boned shaped and includes a rectangular center open portion for accepting the enclosed member and a soft material surrounding the rectangular center open portion and defining the dog-bone shape of the cover; and
the washable plastic liner is located between the rectangular center open portion and the soft material.

[c19] 19.The method of administering heat of claim 16, further including:
placing a decorative design on the cover.

[c20] 20.The method of administering heat of claim 16, wherein:
the cover is head-shaped and includes a rectangular center open portion for accepting the enclosed member and a soft material surrounding the rectangular center open portion and defining the head.

[c21] 21.The method of administering heat of claim 12, wherein:
the step of heating the enclosed member includes placing the enclosed member within a microwave and heating the enclosed member.

[c22] 22.A method of administering cold comprising:
providing an enclosed member having pieces of endothermic organic material therein;
cooling the enclosed member to cool the pieces of endothermic organic material therein;
placing the enclosed member within a cover by inserting the cover into a slit in the cover; and
applying the cover with the enclosed member therein to an area to be cooled.

[c23] 23.The method of administering heat of claim 22, wherein:
the pieces of organic material comprise seeds, grains and/or fruit pits.

[c24] 24.The method of administering cold of claim 23, wherein:
the plurality of endothermic seeds, grains and/or fruit pits comprises corn.

[c25] 25.The method of administering cold of claim 23, wherein:
the plurality of endothermic seeds, grains and/or fruit pits comprises rice.

- [c26] 26.The method of administering cold of claim 23, wherein:
the plurality of endothermic seeds, grains and/or fruit pits comprises cherry
pits.
- [c27] 27.The method of administering cold of claim 23, wherein:
the cover is comprised of cloth.
- [c28] 28.The method of administering cold of claim 27, further including:
providing the cover with a washable plastic liner for placement between the
cloth and the enclosed member.
- [c29] 29.The method of administering cold of claim 28, wherein:
the cover is dog-boned shaped and includes a rectangular center open portion
for accepting the enclosed member and a soft material surrounding the
rectangular center open portion and defining the dog-bone shape of the cover;
and
the washable plastic liner is located between the rectangular center open
portion and the soft material.
- [c30] 30.The method of administering cold of claim 27, further including:
placing a decorative design on the cover.
- [c31] 31.The method of administering cold of claim 27, wherein:
the cover is head-shaped and includes a rectangular center open portion for
accepting the enclosed member and a soft material surrounding the rectangular
center open portion and defining the head.
- [c32] 32.The method of administering cold of claim 23, wherein:
the step of cooling the enclosed member includes placing the enclosed member
within an area to be cooled and cooling the enclosed member.